

# NEW(S) HORIZON

A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

NOVEMBER 2017

## WEEKLY/MONTHLY EVENTS

### COMMUNITY OUTREACH

AARP TAX PROGRAM  
FARMERS MARKET COUPONS  
FUEL ASSISTANCE  
HOME HEALTHCARE  
HESSCO LUNCH  
MEDICAL RIDES  
WELL BEING CHECKS  
VETERANS MEETINGS

### EXERCISE

CHAIR EXERCISE  
CHAIR VOLLEYBALL  
WALKING CLUB  
WII BOWLING  
YOGA  
ZUMBA

### HEALTH AND SAFETY

FLU CLINICS  
FOOT CARE  
NUTRITION  
NURSE VISITS  
MEDICARE PLANNING  
TRIAD  
WALPOLE VNA NURSING

### SOCIAL ACTIVITIES

BINGO  
BRIDGE  
CREATIVE CORNER  
KNITTING CLUB  
MAH JONGG  
SENIOR SINGING GROUP  
WRITING GROUP

### TRIPS

DAY OF BEAUTY  
STOP & SHOP  
WALPOLE ERRAND DAY  
REGIONAL DAY EXCURSIONS



## NEW TRANSPORTATION SERVICES SCHEDULE

This month we are happy to announce a new **Transportation Services Schedule**. The schedule has been adjusted to accommodate more of **YOUR** transportation requests. **What's new?**

We have added **weekly** errands trips on Wednesdays and Thursdays. If you have an errand you could use a lift to, call us at least 48 hours in advance (by noon on Tuesday) to request a ride. We will also have a rotating shopping and dining trip each Monday to accommodate as many shoppers and diners as possible. See the days and communities we service below:

**Mondays:** Shop/Dine

**Wednesday:** Local Errands (Walpole, Norwood, Foxboro)

**Thursday:** Local Errands (Walpole, Norwood, Foxboro)

*Transportation Services updates are subject to change*

Kindly, keep in mind these are new initiatives that may take time to perfect. We welcome your constructive comments as we work to provide you with more efficient and extensive transportation.

**Continuum of Care** Lunch and Learn, Nov. 13th 11:30AM—12:30PM.



Our expert panel includes Norwood Hospital's Care Coordination Dept, Charlwell House, Walpole VNA and Home Instead. Arm yourself with information every senior needs to know about a hospital stay. Registration is requested.

*The mission of the Walpole Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Walpole Seniors and their families.*

Hours: Monday, Wednesday, Thursday, Friday, 8:30AM –4:30PM; Tuesday 8:30AM – 8:00PM

135 SCHOOL STREET, WALPOLE, MA 02081,

Telephone: 508-668-3330, Website: [www.walpole-ma.gov](http://www.walpole-ma.gov)

## NOVEMBER TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION (subject to change)
THURSDAY 11/2	Chickie Flynn's Lunch	Registration required, preference to those who didn't attend in June. \$2.50 per person.	Van leaves COA at 11:00AM
FRIDAY 11/3	Sunshine Committee Meeting	Community members providing support and encouragement to our neighbors & friends.	COA 10:30AM
WEEK OF 11/6	Veteran's Day Wall of Heroes	Are you a Veteran? A spouse, daughter, son, mother, father or friend of a Veteran? Share your Veteran's photo for our Wall of Heroes.	COA Ongoing
MONDAY 11/6	University Station Shop/Dine	Anchored by Target and Wegmans, University Station features an exciting mix of stores and restaurants	Van leaves COA 10:30AM— returning at 2:00PM
TUESDAY 11/7	Memory Café	Fun and welcoming event for individuals with forgetfulness and their families.	1:00—2:30PM United Church
WEDNESDAY 11/8	Senior Moments Performance	Join us for a Senior Moments performance at the Medway Senior Center, Medway, MA.	1:00PM Medway Senior Center 76 Oakland Street
WEDNESDAY 11/8	Coffee with Attorney J. DiPietro	Join us for coffee and to have your legal questions discussed.	11:00AM—12:00PM COA
THURSDAY 11/9	Day of Beauty	Manicures, facials, hair color & cuts. Lunch at Gerry's if open. Registration required. Limit 6 participants.	8:30AM—2:00PM Van leaves COA at 8:30AM
MONDAY 11/13	Patriots Place Shop/Dine	Visit Patriots Place for shopping dining and entertainment available.	Van leaves COA 10:30AM— returning at 2:00PM
WEDNESDAY 11/15	TRIAD	Norfolk County Sheriff's Department's monthly educational session.	11:00AM —11:30AM COA
WEDNESDAY 11/15	Lunch and Learn Continuum of Care	Arm yourself with information about the ins and outs of a hospital stay. Our panel shares their expertise on hospitalization, discharge planning, rehabilitation and home care.	11:30AM—12:30PM COA
WEDNESDAY 11/15	November Birthday Party	Is it your birthday this month? Celebrate your birthday with friend's at the COA. Cake generously donated by Harrington House.	2:00PM COA, Free
THURSDAY 11/16	Plainridge Park Casino	Plainridge Park Casino provides the latest slots, video poker, electronic table games, wagering on live and simulcast racing, and dining in one of our restaurants.	Van leaves COA at 10:30AM, returning at 3:30PM
THURSDAY 11/16	Wheel of Fortune	Laurie Blake from Home Instead brings Wheel of Fortune to the Center.	1:00—2:00PM COA
THURSDAY 11/16	COA Board Meeting	COA Board Monthly Meeting in Town Hall	1:30—2:30PM Room 112, Town Hall
MONDAY 11/20	University Station Shop/Dine	Anchored by Target and Wegmans, University Station features an exciting mix of stores and restaurants	Van leaves COA 10:30AM— returning at 2:00PM

## NOVEMBER TRIPS & EVENTS *continued*

DATE	EVENT	DESCRIPTION	TIME & LOCATION (subject to change)
MONDAY 11/26	Patriots Place Shop/Dine	Visit Patriots Place for shopping dining and entertainment available.	Van leaves COA 10:30AM— returning at 2:00PM
WEDNESDAY 11/29	Creative Corner	Crossword Puzzles—win a medal by finishing the most puzzles. Limit 10 participants.	1:00—2:00PM COA
WEDNESDAY 11/29	Creating a Welcoming Community	Are you wondering about those “see something, say something” signs? A must attend session for all community members. Learn how we all play a part in our COA culture.	11:00AM COA



### *Happy Thanksgiving!*

Did you know... the first Thanksgiving was a three day festival in honor of the pilgrims successful harvest. Lobster, venison, Indian corn, barley, seal and swans were on the Pilgrims' menu.

### **WE WANT TO HEAR FROM YOU!**

Participate in our 2017 customer service assessment. The brief survey is available at the center and will be distributed at special programs throughout November and December. See Kerri McManama to obtain and/or drop off your completed survey. Enter your name for a prize drawing. Thank you in advance for your participation!



Holidays are supposed to be a time of joy and celebration, but for some people they are anything but. **YOU ARE NOT ALONE!**

Depression may occur at any time of the year, but the stress and anxiety during the holiday season may cause even those who are usually content, to experience loneliness. Social isolation, grieving during the holidays and seasonal changes that affect all of us are some of the main issues that can make your holiday season so stressful. Please look for resources and information around the COA during the months of November and December.



A reminder that homebound Walpole residents can get a flu vaccine done at home by calling the Walpole Area VNA at 508-668-1066 to request this service.




Take care of yourselves, your friends and family- we are all in this together!

*Live. Life. Healthy*

***Leandra McLean RN, BSN, CEN, CCRN Public Health Nurse***



# NOVEMBER 2017



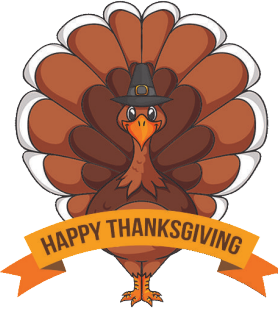

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>SIGN UP DAY</b> <b>10:00AM</b> Exercise Class <b>11:00AM</b> Chair Volley <b>12:00PM</b> HESSCO lunch Meatloaf <b>12:30PM</b> Pokeno <b>2:00PM</b> Senior Moments	<b>2</b> <b>8:30AM</b> Bird Park Walking <b>10:30</b> YOGA <b>12:00PM</b> HESSCO lunch Roast Chicken <b>1:15PM</b> Bridge 	<b>3</b> <b>9:00AM</b> Zumba <b>10:00AM</b> Wii Bowling <b>10:00AM</b> Writing Club @ Library <b>12:00PM</b> HESSCO lunch Catch of the Day <b>12:30PM</b> Bingo
<b>13</b> <b>8:50AM</b> ZUMBA <b>10:00AM</b> Exercise Class <b>11:00AM</b> Chair Volley <b>12:00PM</b> HESSCO lunch Chicken Chili <b>12:30PM</b> Dominos <b>1:30PM</b> Mah Jongg <b>2:00PM</b> Line Dance	<b>14</b> <b>AM Stop &amp; Shop</b> <b>8:30AM</b> Bird Park Walking <b>10:00AM</b> Knitting <b>12:00PM</b> HESSCO lunch American Chop Suey <b>1:30PM</b> YOGA <b>4:00PM</b> A Musical Interlude	<b>15</b> <b>10:00AM</b> Exercise Class <b>11:00AM</b> TRIAD <b>12:00PM</b> HESSCO lunch Carrot & Celery Soup <b>12:30PM</b> Pokeno <b>2:00PM</b> Senior Moments	<b>16</b> <b>8:30AM</b> Bird Park Walking <b>10:30AM</b> Yoga <b>12:00PM</b> HESSCO lunch Roast Turkey <b>1:00PM</b> Wheel of Fortune <b>1:15PM</b> Bridge	<b>17</b> <b>9:00AM</b> Zumba <b>10:00AM</b> Wii Bowling <b>10:00AM</b> Writing Club @ Library <b>12:00PM</b> HESSCO lunch Potato Pollack <b>12:30PM</b> Bingo
<b>27</b> <b>8:50AM</b> ZUMBA <b>10:00AM</b> Exercise Class <b>11:00AM</b> Chair Volley <b>12:00PM</b> HESSCO lunch Shepard's Pie <b>12:30PM</b> Dominos <b>1:30PM</b> Mah Jongg <b>2:00PM</b> Line Dance	<b>28</b> <b>AM Stop &amp; Shop</b> <b>8:30AM</b> Bird Park Walking <b>10:00AM</b> Knitting <b>12:00PM</b> HESSCO lunch Seafood Casserole <b>1:30PM</b> YOGA <b>4:00PM</b> A Musical Interlude	<b>29</b> <b>10:00AM</b> Exercise Class <b>11:00AM</b> Chair Volley Ball <b>12:00PM</b> HESSCO lunch Roast Chicken <b>1:00PM</b> Creative Corner <b>2:00PM</b> Senior Moments	<b>30</b> <b>8:30AM</b> Bird Park Walking <b>10:30AM</b> Yoga <b>12:00PM</b> HESSCO lunch Western Omelets <b>1:15PM</b> Bridge 	<b>**HESSCO lunch is provided daily for a \$3 donation. Call 781-784-4944 24 hrs. in advance for reservations or cancellations</b>  <b>ALL PROGRAMS ARE 1 HOUR LONG UNLESS OTHERWISE NOTED</b>

Please **sign up for ALL trips and events** you would like to attend.

**IN-PERSON** and **PHONE** registration begin **Wednesday, November 1st at 8:30AM.**

*You must speak to a desk volunteer. Leaving a voicemail **does not** register you for programs.*

# NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6</b> <b>8:50AM</b> ZUMBA <b>10:00AM</b> Exercise Class <b>11:00AM</b> Chair Volley <b>12:00PM</b> HESSCO lunch Roast Chicken <b>12:30PM</b> Dominos <b>1:30PM</b> Mah Jongg <b>2:00PM</b> Line Dance	<b>7</b> <b>AM Stop &amp; Shop</b> <b>8:30 AM</b> Bird Park Walking <b>10:00AM</b> Knitting <b>12:00PM</b> HESSCO lunch Sweet & Sour Pork <b>1:30PM</b> YOGA <b>4:00PM</b> A Musical Interlude	<b>8</b> <b>10:00AM</b> Exercise Class <b>12:00PM</b> HESSCO lunch Mini Ravioli <b>12:0PM</b> Pokeno <b>2:00PM</b> Senior Moments 	<b>9</b> <b>8:30AM</b> Bird Park Walking <b>10:30 NO YOGA</b> <b>12:00PM</b> HESSCO lunch Turkey Tetrzzini <b>1:15PM</b> Bridge	<b>10</b> <b>VETERANS DAY</b>  <b>Center Closed</b>
<b>20</b> <b>8:50AM</b> ZUMBA <b>10:00AM</b> Exercise Class <b>11:00AM</b> Chair Volley <b>12:00PM</b> HESSCO lunch Mac & Cheese <b>12:30PM</b> Dominos <b>1:30PM</b> MahJongg <b>2:00PM</b> Line Dance	<b>21</b> <b>AM Stop &amp; Shop</b> <b>8:30AM</b> Bird Park Walking <b>10:00AM</b> Knitting <b>12:00PM</b> HESSCO lunch Minestrone Soup <b>1:30PM NO YOGA</b> <b>4:00PM</b> A Musical Interlude	<b>22</b> <b>10:00AM</b> Exercise Class <b>12:00PM</b> HESSCO lunch Swedish Meatballs <b>12:30PM</b> Pokeno <b>2:00PM</b> Senior Moments	<b>23</b>  <b>Center Closed</b>	<b>24</b> <b>Day After Thanksgiving</b>  <b>Center Closed</b>

## Christmas In Newport - SUNDAY, DECEMBER 3, 2017

- Round-trip motor coach transportation
- Entrance fees for two mansions- The Breakers & The Elms
- Fabulous Buffet Brunch at the Mainstay Resort
- \$84.00 PER PERSON

FOR INFORMATION & TO SIGN UP, CONTACT WALPOLE COA: 508-668-3330.  
Full payment is due with reservation and





## FROM THE DIRECTOR

“The secret of change is to focus all your energy, not fighting the old, but on building the new.” (Socrates)

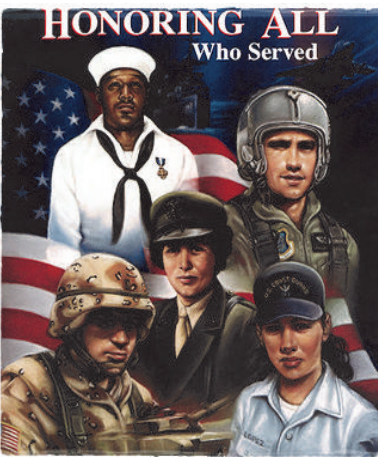
A new Transportation Services schedule has been launched which represents a significant change to our van service of the past. We listened to your feedback and hope you will find our new service better supports the expressed needs of our community. See me to learn more.

We will be honoring our Veterans through a Wall of Heroes in honor of Veteran’s Day the second week of November. Please share a photo of yourself or a Veteran in your life, so that we can express our gratitude for our servicemen and women.

The month of November reminds us to be grateful. I encourage each of you to express your gratitude through our gratitude garland. My hope is that our collective gratitude will stretch across our Center. I am grateful for this community and hope you will join me for a discussion on ways to make our Center a Welcoming Space for all, on November 29th at 11:00AM.

Enjoy all this season has to offer.

***Kerri McManama, Director Walpole Council on Aging***



In the USA, Veterans Day annually falls on November 11. This day is the anniversary of the signing of the armistice (on the 11th hour of the 11th day of the 11th month), which ended the World War I hostilities between the Allied nations and Germany in 1918.

Veterans Day pays tribute to all American veterans—living or dead—who served their country honorably during war or peacetime. The brave men and women who served and protected the United States are friends, neighbors and coworkers, and an important part of our communities. Say “thank you for your service” this Veterans Day.

Welcome to November. With the holidays and winter just around the corner, I hope all of you have prepared for the colder weather.

I want to remind folks that Fuel Assistance will start November 1<sup>st</sup>. If you are a single household with less than \$34,380 of income or two person household with less than \$44,958 of income, you may be eligible. I may also be able to help with referrals for snow removal.

For more information call 508-660-7362 or see ***Laurel St. Pierre,***  
***Outreach Worker Office Hours: Monday - Thursday, 9:00AM- 3:00PM***





# NEW(S)HORIZON

Walpole Council on Aging  
Town Hall , 135 School Street  
Walpole, MA 02081

Telephone: (508) 668-3330

Fax: (508) 660-7363

Kerri McManama, Director COA

Laurel St. Pierre, Outreach

Christine Tetreault, Advocate

Jane Wulk, Van Driver

Carol Fellini, Van Driver

Jim Hinds, Van Driver

Richard McCarthy, Chairman COA Board

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in part, by a grant from the  
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Friends of Walpole Elders, Inc.



*Friends of the Walpole  
Elders, Inc.  
P.O. Box 186  
East Walpole, MA 02032*

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Permit #179



## WALPOLE COUNCIL ON AGING PROFESSIONAL SERVICES

**HESSCO Meal Site:** (508) 668-3423,  
provided daily for a \$3.00 donation.  
Call for reservations or cancellations,  
781-784-4944 at least 24 hours in  
advance.

**Public Health Nurse:** blood  
pressure screenings and health  
information every Monday morning at  
9:30AM (times subject to change)

**Legal Services:** 2nd Wednesday of  
the month, 11:00AM—12:00PM\*Free.

**Foot Care:** Mondays by appointment  
only, 9:00AM— 2:00PM, Cost is \$20.  
Call (508) 668-3330.

## HELPFUL NUMBERS TO REMEMBER:

**NORFOLK COUNTY "ARE YOU OK?"  
(866) 900-RUOK (7865)**

Receive a call daily to make sure you are up and OK!

**POLICE (Non-emergency) 668-1212  
FIRE DEPARTMENT (Non-emergency) 668-0260**